

## COURSE DESCRIPTION

### Department of Service Courses

**Sports and Health** **Course number: 01101141** **(3 CHs)**

- Sports and health concepts: sports concepts and motor activity, health concepts, the comprehensive health.
- General goals of physical education: cognitive goals, emotional goals, psychomotor goals.
- Historical foundations of physical education: physical education in: China, India, Persia, the Greeks, the Romans, the pre-Islamic era, Islam, the Renaissance, Jordanian sports, the Olympic Games.
- Physical fitness: its concept, goals, importance, and types.
- Nutrition and sport activity: the terms food and nutrition, the elements of food, and their importance for sports activity.
- Sports injuries: general causes, immediate aid steps, and their types.
- Diseases of lack of movement and sports activity: diabetes, obesity, thinness, osteoporosis, low back pain, cancer.
- Stadium riots: terms, causes, and manifestations of stadium riots.
- Drugs, alcohol, stimulants, nutritional supplements, smoking: the concept of each and its harm.

#### Course outcome:

1. Promoting health-related fitness components in daily life.
2. Reject the wrong behaviors (smoking, stimulants, lack of movement, and others) and quitting them.
3. Advising to maintain a healthy body and body shape.
4. Exercising healthy and motor behaviors.
5. Following the proper habits related to strength and nutrition, and linking it to sports practices.
6. Possessing concepts and terminology related to sport and health.